

**DIRECTIONS:** Take 1 tablet daily with food as a dietary supplement or as directed by a healthcare professional.



**KEEP OUT OF REACH OF CHILDREN.**  
Protect from heat, light & moisture.  
Store in a cool, dry place.  
Do not purchase if seal is broken.

 **MADE IN THE U.S.A.**  
FROM GLOBALLY SOURCED  
INGREDIENTS

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ITEM: 136NL



# B Complex

with Vitamin C & Iron

ANTIOXIDANT SUPPORT<sup>†</sup>  
GENERAL WELLNESS<sup>†</sup>

100 TABLETS | DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid & rose hips)	150 mg	167%
Vitamin B1 (as thiamin HCl)	5 mg	417%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	5 mg	294%
Vitamin B12 (as cyanocobalamin)	12.5 mcg	521%
Biotin	12.5 mcg	42%
Pantothenic acid (as D-calcium pantothenate)	25 mg	500%
Iron (as ferrous fumarate) <sup>‡</sup>	20 mg	111%
Choline (as choline bitartrate)	20 mg	4%
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	15 mg	*

\*Daily value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, dicalcium phosphate, croscarmellose sodium, magnesium stearate, silica and coating (hypromellose, glycerine, carnauba wax, talc).

**WARNING:** Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

  
WINDMILL. [windmillvitamins.com](http://windmillvitamins.com)

**NO** SUGAR, WHEAT, SOY, MILK,  
ARTIFICIAL COLORS,  
FLAVORS OR PRESERVATIVES

**NON GMO - GLUTEN FREE - VEGAN**